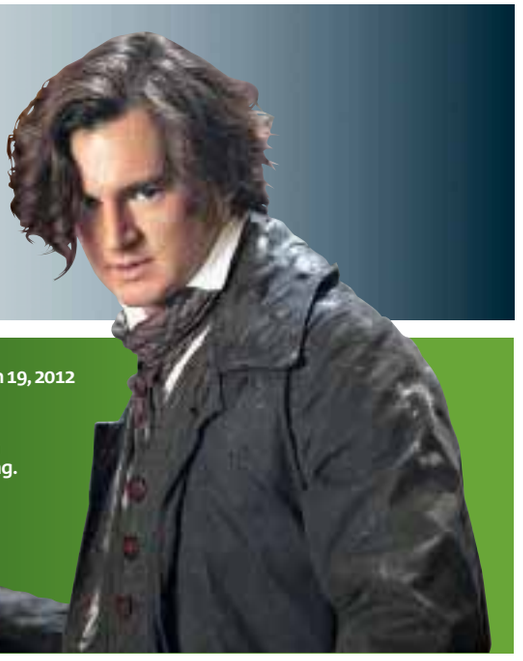
ABRAHAM LINCOLN: VAMPIRE HUNTER

ACTOR SHOWING A DIFFERENT SIDE TO AMERICA'S 16TH PRESIDENT PAGE 14



WINNIPEG metro®

Monday, March 19, 2012

News worth sharing.

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Jets put up a GOOD FIGHT PAGE 22

The Carolina Hurricanes' Patrick Dwyer ducks for cover in a fight with the Winnipeg Jets' Spencer Machacek during Sunday's game in Winnipeg. The Jets came up short on the scoreboard, losing 4-3. TREVOR HAGAN/THE CANADIAN PRESS

James sentencing tomorrow

Sexual abuse. Judge to decide fate of former hockey coach involved in high-profile case

Another chapter in the sex-abuse scandal that rocked Canada's hockey world — turning an award-winning coach into "the most hated man in hockey" — is expected to come to a close Tuesday when Graham James is sentenced for repeatedly molesting two of his young players.

James pleaded guilty in December to sexually abusing NHL star Theoren Fleury and his cousin Todd Holt when they played for him in the Western Hockey League in the 1980s and '90s. Charges involving a third player, Greg Gilhooly, were stayed.

The Crown is asking James serve six years in jail while defence lawyers have suggested a conditional sentence of up to 18 months is more appropriate.

While many will be watching the decision intently, at least one of James' victims will be absent. Former Calgary Flame Fleury wasn't in the courtroom to face his abuser during James' sentencing hearing last month and he won't be there when James learns his fate.

Graham James

"The case was closed for me a long time ago," Fleury said in an interview. "I have moved on with my life. I'm not interested in going backwards. Why would I have to? Why would I need to?"

This will be James' third sentence for sexual abuse. A rising star in the junior hockey world, James first plummeted to notorious and reviled sexual predator when he pleaded guilty in 1997 to sexually abusing former NHLer Sheldon Kennedy when he, too, played in the junior league. James served about 18 months of a 3 1/2-year sentence before he got out of jail in 2000.

The man who blazed a trail for James' other victims to step forward said he will be there to see his abuser sentenced once again.

Kennedy worries that too lenient a sentence might mean other victims won't come forward because they don't think anything will change.

THE CANADIAN PRESS

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Revelling in the warmth

Record temperature.
It wasn't 27 C, but it was still another record-breaking day in Winnipeg

BERNICE PONTANILLA
@metronews.ca

In her 101 years, Lillian Brune has never seen a March day quite like Sunday's.

At The Forks for the first time with her niece, Joan MacKenzie, visiting from New Brunswick, Brune said she expected "lots of snow and cold" this month, just like any other year — not the 20 C temperature, which broke another record.

"I think it's wonderful," said Brune, who has been living in Winnipeg since 1946 and remembers the flood of 1950. "I just hope we don't have a storm in April."

MacKenzie said she checked the weather before leaving to catch her flight last Thursday.

"I was very excited because I left bad weather and lots of snow," she said, adding that a snowstorm made it "hard to get to the airport."

The strong winds and grey, overcast skies didn't affect the hundreds of people at The Forks, nor the dozens of skateboarders at Sargent Park.

"I haven't seen this many people out since last year. The parks are full," said Adam Parsons, a longtime skateboarder and member of the local punk band Up'n'Atom. "There's no excuse to be inside."

However, Parson's friends Drew Diduck and Eric Williams are betting on a snowstorm in April.

"Until then I'm going to live the dream," Diduck said, adding about Sunday's wind: "I'm not even going to complain about it."

Steve Krahn said his four-year-old son Jordan wanted to be at Sargent Park "three weeks ago when it was still icy."

"This is our first time here this year and never this early," said Krahn as he watched his son on a kids' scooter. "It's amazing, I love it. Fantastic."

The previous high for March 18 was 8.8 C in 2000.

Adam Parsons, a skateboarder and member of local punk band Up'n'Atom, gets some air at Sargent Park on Sunday. BERNICE PONTANILLA/METRO

Eye-opening five days for five students

Resource Assistance for Youth executive director Kelly Holmes, centre sitting, joins the five students, in orange shirts, who took part in 5 Days for the Homeless at the U of M last week and four RaY participants to accept a cheque for money raised during the event Friday. SHANE GIBSON/METRO

Five business students who spent last week living homeless at the University of Manitoba say the experience was an eye-opener.

"I am much more grateful for the fact that I have a warm bed, I have a part-time job and I think I'm going to be doing better in my classes from now on," laughed Maria Gluskin, who joined four of her Asper school of business classmates in sleeping outside five days to raise awareness of homeless youth and money for Resource Assistance for Youth (RaY). "We need more organizations like (RaY) because you guys actually know what the problem is and you take steps to solve that problem."

Gluskin, along with Kate Armstrong, Sam Holloway, Jaysa Nachtigall and Jill Stevens all went without homes, beds and showers and asked for change from students and faculty while attending their regular classes March 11-16.

This marked the fourth year five students from the U of M joined 26 universities across Canada to take part in 5 Days for the Homeless, a national campaign that raised more than $209,000 this year alone.

The young women were able to give RaY executive director Kelly Holmes a cheque for $19,515 after rolling up their sleeping bags Friday.

"Thank you for making me cry again for the fourth year in a row," said Holmes, accepting the cheque at a ceremony held at the school of business Friday.

RaY's director of communications, Adrien Sala, said Winnipeg has roughly 1,500 youth living on the streets and RaY is there to make sure they have a place to stay, clothes to wear, access to showers and laundry, and the chance to find a job.

"This kind of donation is really important to us because funding is becoming more and more difficult to come by," he said. "This will go a long way because we don't need to focus it on a particular program — it goes to keeping the lights on."

To learn more about RaY or donate, visit rayinc.ca.

SHANE GIBSON/METRO

1 NEWS

Mobile news

Officials in Marseille are evacuating an area around the French Mediterranean city's port so they can remove a bomb that dates to the Second World War. Scan the code for the story.

On the web

Nothing says St. Patrick's Day like a riot

St. Patrick's Day celebrations turned ugly as 1,000 rioters squared off with London, Ont., police and firefighters Saturday night. Watch at metronews.ca/video

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Few delays Sunday at Winnipeg airport

It was business as usual for Air Canada at the Winnipeg airport Sunday, though a closed runway at Toronto's Pearson airport and a labour dispute between the airline and its pilots forced cancellations Sunday morning. By mid-afternoon at James A. Richardson International Airport, things were getting back to normal, with most passengers reporting they had no trouble getting on their flights. More coverage, page 6. BERNICE PONTANILLA/METRO

WSD tax hike not enough: Mother

Funding fallout.
School tax cuts are 'unfair,' local mom says

BERNICE PONTANILLA
Metro

The Winnipeg School Division's most vulnerable students and its overloaded teachers will feel the fallout from funding cuts the most, a Winnipeg mother says.

Brandie Touchette says she was disappointed and angry to learn that her division, Manitoba's largest, passed a budget last week with a 7.8 per cent increase in taxes when it was previously looking at an 8.3 per cent hike.

"My child is one of the children with special needs," said Touchette, whose 12-year-old daughter has attention deficit hyperactivity disorder.

"Getting funding cut the way it was is unfair. It's unfair to parents, unfair to the schools and unfair to the teachers."

Touchette says she is now considering placing her daughter in a private school, where the ratio of teachers to pupils is better. Her greatest fear is that her daughter will lose what she has gained with the help of teachers and educational assistants (EAs).

Trustee Mark Wasyliw says he has heard from parents such as Touchette and finds the injustice hard to bear, which is why he took the publicly unpopular stand of advocating for a larger tax hike.

"We're giving a reduced level of support to these kids," he said. "We're saving pennies.... It just doesn't make a lot of sense."

Wasyliw says once a student is approved for special funding, the cost is shared between the province and the school division. This year, the division was told there would be no new funding, meaning the province would not match $900,000 in funds the division had, which Wasyliw said was "cut out" of the budget.

"Just because the province doesn't help these people doesn't mean we don't," he added. "They're forcing us to tax people because they won't do it themselves. They're making us do their dirty work."

Kristine Barr, chair of the Winnipeg School Division's finance and personnel committee, says the adopted budget continues to meet the needs of students, pointing out that there are "floater EAs" who can be moved around the division if necessary.

Pharmacy probed by Health Canada

Health Canada called in the Mounties after investigators found that a Manitoba pharmacy allegedly overcharged the federal government's health plan for aboriginals.

The department estimates it overpaid Winnipeg's Pharm Azeem pharmacy by up to $160,389 through the Non-Insured Health Benefits program, a newly released document shows. Health Canada has since reached a settlement with the pharmacy to recover $25,000.

But the former owner of the pharmacy categorically denies any wrongdoing and blames the government for costing him his business, and his health.

"Because of their actions, I lost my business," Rehan Azeem said. "We lost everything. I lost everything."

An access-to-information request about a just-reported loss in the Public Accounts of Canada uncovered an audit that described how the drugstore would allegedly give away "gift baskets" of dandruff shampoo, condoms and other items along with prescriptions, then bill the government plan for both the prescription and over-the-counter items.

Health Canada claimed the pharmacy was routinely adding so-called verbal prescriptions to written prescriptions. Doctors can call pharmacies with verbal prescriptions, and the Non-Insured Health Benefits program normally accepts these phoned-in prescriptions.

But the pharmacy's rampant use of verbal prescriptions caught Health Canada's attention. The audit says that at one point, seven out of every 10 people received a gift basket when they filled their prescriptions at the drug store.

Azeem tells a different story. "There was no such thing as gift baskets, first of all," he said. Azeem insisted all prescriptions were properly authorized.

"Of course there was a verbal prescription, I agree to that, but those prescriptions were authorized by the physicians, so there was nothing wrong. They (Health Canada) have not found anything which was not authorized."

THE CANADIAN PRESS

Firm denial

"Of course there was a verbal prescription, I agree to that, but those prescriptions were authorized by the physicians, so there was nothing wrong. They (Health Canada) have not found anything which was not authorized."

Rehan Azeem, former owner, Pharm Azeem

A costly hit for Jets defenceman

Boom! Winnipeg Jets defenceman Mark Stuart was fined $2,500 by the NHL on Saturday for his hit on Washington forward Marcus Johansson on Friday night. No penalty was called on the play in the second period of the Jets' 3-2 victory over the Capitals. JOHN WOODS/THE CANADIAN PRESS

Silver Heights blaze

Teens arrested for arson

Three teenagers are facing arson and theft charges after emergency personnel had to put out a fire in Silver Heights early Sunday.

Firefighters were called at about 12:45 a.m. to a back lane near the 2200 block of Portage Avenue, where three youth were spotted running from a mattress and hydro pole that had been set ablaze.

A 15-year-old male and two 14-year-old males were found in the area in possession of stolen property and they were arrested. The Arson Strike Force is investigating.

SHANE GIBSON/METRO

World of Wheels. Event a success despite no-shows

Piston Ring's World of Wheels saw a rise in attendees this year, organizers say, despite a dimming of the event's star power.

Two of the three celebrities scheduled to meet fans at the show — Billy Bretherton of the TV show Billy the Exterminator and Deena Nicole from Jersey Shore — were MIA over the weekend.

"With Billy the Exterminator, he basically didn't bring the right documentation to get him into the country," publicist Shelley Ostrove said. "As for Deena, she took ill, so she didn't come in, either."

Ostrove was quick to point out that James Maslow of Disney's Big Time Rush made it in for the Sunday show, and the cancellations didn't seem to deter people from taking in the event, which ran Friday through Sunday at the Winnipeg Convention Centre.

Billy Bretherton
GETTY IMAGES

"The show did really, really well, even without them being there," Ostrove said Sunday. "We were up in the first two days as far as attendance goes, and there's a crowd out today as well."

SHANE GIBSON/METRO

Crime

Man stabbed, cop allegedly spat at

A man is in custody after a fight on Saturday left another man in hospital with stab wounds.

Police arrived at a home in the 200 block of Semple Avenue at about 2:25 p.m., after an alleged dispute between a 33-year-old man and a 28-year-old man escalated into fisticuffs and spilled out of the home and into the front yard.

Police allege that when the fight ended and the younger man went back into the house, the older combatant — now armed with a knife — approached from behind and stabbed the victim in the upper body. He was taken to hospital in critical condition and eventually upgraded to stable.

Police arrested the fleeing suspect near Main Street and Burrin Avenue. Upon arrest, he added to his list of charges by allegedly spitting at an arresting officer.

Jason Joseph Moar, 33, is charged with assault, aggravated assault, possession of a weapon and assaulting a peace officer.

SHANE GIBSON/METRO

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MARRIED WITH KIDS

With two children in public school, a home in a suburb of Calgary, and an annual household income of $70,000, Peter and Kim have learned how to make the most of their money — and make it work for them.

Peter, 34, is an office manager at a downtown firm while Kim, 30, has just returned to the workforce and has a part-time job at a department store. They have a long-term financial goal to pay off their mortgage by the time Peter turns 60, and they have retirement and education savings plans in place too.

"We're especially good at stretching our budget on food," says Peter. "We plan meals ahead, shop the specials flyers and always pack lunches." The couple also manages with one car. "On the days I'm scheduled to work nights, I drop him off at the C Train — and he takes public transit," says Kim.

They've found other ways to save money too. For example, a few years ago they got a *Scotia Momentum*® VISA* card that they now use to pay for as many everyday purchases as they can.

The *Scotia Momentum*® VISA* card provides 2 per cent cash back on everyday spending such as gas, groceries, drugstore items, and recurring bill payments, and 1 per cent cash back on all other eligible purchases. While the annual fee for the card is $39, there's always a much higher return at the end of the year.

Every November (when the payout is made), the cash back lump sum is automatically deposited into their joint savings account.

"It's a no-brainer," says Kim. "And every purchase we make contributes to our annual cash back from the bank. It's become a great savings tool for us too," says Kim.

Scotia Momentum® Cash Back Calculator

Peter and Kim's profile:

Peter and Kim use their *Scotia Momentum*® VISA* card to pay for about $1,500 worth of purchases each month. Remember that some fixed costs, such as rent, are not payable by credit card and therefore not included in these calculations.

	$0	500	1,000	
Grocery Store				$ 225
Gas Station				$ 225
Drug Store				$ 150
Recurring Bills				$ 100
Other				$ 800
			Total Monthly	**$ 1,500**

Peter and Kim's Estimated Annual *Scotia Momentum*® Cash Back

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Police probe St. Patrick's Day riot in Ontario neighbourhood

Civil disobedience. People who witnessed, participated in Saturday incident near London college asked to come forward

ANGELA MULLINS
Metro in London

Increased police patrols and more visits from bylaw-enforcement officers are expected in the neighbourhood around Fanshawe College in London, Ont., after St. Patrick's Day parties spun out of control late Saturday.

Eleven people — seven of whom are Fanshawe students — have been arrested on charges including resisting arrest, assaulting police and unlawful assembly, police Chief Brad Duncan said Sunday morning. More arrests are expected as investigators compile witness statements and comb through videos and photos posted on social-media sites, Duncan said.

What happened was nothing less than a riot fuelled by a mob mentality that saw beer bottles and bricks thrown at police and firefighters, Duncan said. Seventeen police vehicles were damaged and some officers had minor injuries.

At least $100,000 worth of damage was done to city property, including broken streetlights and melted asphalt from at least one fire.

It was "the worst case of civil disobedience that our community has ever been subjected to," the chief said. "(There) ... was a complete disregard for the police presence. In fact, I've heard some of our officers refer to it as a war zone.... They've never experienced that kind of volatility."

The mob, members of which danced in and out of a vehicle fire fuelled by propane tanks and liquor, reached about 1,000 people at its peak.

Police — donning helmets and shields — maintained a perimeter around the neighbourhood for hours until the crowd gradually dispersed.

"If we tried to engage the crowd, we would have increased the volatility," Duncan said. "We were very concerned that one car would become multiple cars, multiple structures."

The situation comes as police and city leaders thought they were beginning to get a handle on problems around Fleming Drive — an area known for parties and disorderly behaviour.

An estimated mob of 1,000 people was on Fleming Drive in London, Ont., Saturday night. ARTEM ROSNOVSKIY/FOR METRO

Progression

Timeline of events

— 10 p.m.: Fire department responds to a brush fire on Fleming Drive. Police called for help as people throw bottles and bricks at firefighters and vehicles. Police help firefighters out of area and begin to clear out themselves when they are surrounded by a large crowd.

— 11:01 p.m.: Police announce situation as an unlawful assembly and ask people to disperse.

— 11:25: Police vehicles moved to a secure area. Police establish perimeter around a mob of people.

— 11:30 p.m.: Report made that TV news vehicle has been turned over and set on fire. Firefighters determine homes not in jeopardy and fire vehicles moved away from area. Undercover police officers sent into the crowd.

— 5 a.m.: Estimated time London police leave scene.

Grounded in Beijing

Stranded passengers gather around an electronic flight information board following bad weather that delayed and cancelled flights at Beijing International airport on Saturday. VINCENT THIAN/THE ASSOCIATED PRESS

Runway re-opens at T.O. airport

A closed runway that caused delays and cancellations at Canada's busiest airport early Sunday was back in use by mid-morning after heavy fog that shrouded the facility began to lift.

The runway at Toronto's Pearson airport had been closed after a fire in a maintenance area on the airfield damaged electrical systems required to operate runway lights.

In the morning's low visibility, the runway couldn't be used without sufficient lighting.

The closure of one of the airport's five runways, combined with the heavy fog, caused widespread flight delays and cancellations as the airport's capacity for arrivals and departures was reduced.

The runway was back in service just before 11 a.m. after the morning's fog lifted.

Scott Armstrong, a spokesman for the Greater Toronto Airport Authority, said electricians were working to fix the damaged lighting system with the airport aiming to have the runway lights working by late afternoon.

He warned, however, that the ripple effect of the delays and cancellations would continue for some time.

"There will be delays throughout the day, there will be cancellations throughout the day and people just need to be aware that things will be slower," he said.

"What you see is delays in flights, but also you see the airlines make adjustments in their schedules. So they may decide to cancel one flight and consolidate. So instead of two flights going out to Montreal, for example, they'll put all the passengers on one flight and send out one full plane."

Armstrong urged all travellers to double-check their flight status before heading to the airport. **THE CANADIAN PRESS**

NDP expected to hang on

Byelection today for Layton's old Toronto riding

Voters go to the byelection polls Monday to choose a successor for Jack Layton, whose star power still casts a strong light over the riding he held for seven years until his death last August.

The vote, which will have little effect on the country's bigger political picture, has hardly caught the attention of the wider public, with both polls and pundits suggesting the New Democrats will have no trouble hanging on to Toronto-Danforth.

Craig Scott, a professor, human-rights lawyer and neophyte politician, is running for the New Democrats.

THE CANADIAN PRESS

Election signs are seen in the Toronto-Danforth riding Friday. RICHARD PLUME/THE CANADIAN PRESS

Rightist parties lead polls

Tories, Wildrose set to battle in Alberta election

The election writ is set to drop this week in Alberta, and the governing Progressive Conservatives and the upstart Wildrose party are running one-two in the polls as Premier Alison Redford prepares to call the campaign shortly after her caucus passes the budget on Wednesday.

"I think people are pretty anxious to get to the polls as am I," Redford said. "I believe we're going to have a strong election. We're going to have a strong showing."

Redford is running in her first election as premier since taking over as party leader from Ed Stelmach last fall. **THE CANADIAN PRESS**

Alberta Premier Alison Redford. WIKIPEDIA.COM

Charges expected in Afghan killing spree

Staff Sgt. Robert Bales, accused of killing 16 Afghan villagers, participates in an exercise at the National Training Center at Fort Irwin, Calif., in this photo from last year. SPC. RYAN HALLOCK/THE ASSOCIATED PRESS/DVIDS

Military trial. Lawyer for sergeant accused of slaughter to visit with client in wake of looming charges

With formal charges looming against his client within days, the lawyer for a U.S. army sergeant suspected in the horrific nighttime slaughter of 16 Afghan villagers was flying Sunday to Kansas and preparing for his first face-to-face meeting with the 10-year veteran.

John Henry Browne of Seattle said he planned to meet Monday with Staff Sgt. Robert Bales, who is being held in an isolated cell at the Fort Leavenworth maximum security military prison.

Bales, 38, hasn't been charged in the March 11 shootings, which have endangered relations between the U.S. and Afghanistan and threaten to upend U.S. policy over the decade-old war.

But formal charges are expected to be filed within a week and if the case goes to court the trial will be held in the United States, said a legal expert with the U.S. military familiar with the investigation.

Bales' defence team said in a statement Saturday that "it is too early to determine what factors may have played into this incident and the defence team looks forward to reviewing the evidence, examining all of Sergeant Bales' medical and personnel records, and interviewing witnesses."

THE ASSOCIATED PRESS

Accusation

- Military officials say that after drinking on a southern Afghanistan base, Bales crept away on March 11 to two slumbering villages overnight, shooting his victims and setting many of them on fire. Nine of the 16 killed were children and 11 belonged to one family.

Fatality

U.S. teacher shot dead in Yemen

Two gunmen on a motorcycle shot dead early Sunday an American teacher working at a language institute in a central Yemeni city, the region's provincial governor said.

Hamoud al-Sufi said the teacher was shot in his car in Taiz City. He did not have details on who the killers might be, and said an investigation is ongoing.

Much of Yemen saw a collapse of central state authority during the year-long uprising against longtime leader Ali Abdullah Saleh.

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Market Moment

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GOLD
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Dow Jones: 13,232.62 (- 20.14)
Natural gas: $2.326 (+ 4.7¢)

Lagarde

Recovery has long way to go: IMF

Speaking at a conference in Beijing, the head of the International Monetary Fund warned Sunday against complacency about global finance despite improved conditions.

Christine Lagarde said the global economic recovery will be "a marathon, not a sprint."

THE ASSOCIATED PRESS

Oil spill

Brazil to charge Chevron execs

Brazilian prosecutors said Saturday they will file criminal charges against 17 executives of Chevron Corp. and drilling contractor Transocean Ltd. for a new oil leak near the offshore well where at least 416,000 litres spilled late last year.

Those targeted include George Buck, chief operating officer for Chevron's Brazilian division, federal prosecutors' spokesman Marcelo del Negri said by telephone.

George Buck, Chevron Brazil COO
VICTOR R. CAIVANO/THE ASSOCIATED PRESS

Prosecutors have also asked the court for an order prohibiting the 17 from leaving the country, he said.

A spokeswoman for Chevron in Brazil said the company had no comment because it had not been notified of the decision.

On Thursday, Chevron confirmed that there was a "small new oil seepage" and that it was working to collect the crude.

THE ASSOCIATED PRESS

Free trade? Thailand has offer for Harper

Thailand is planning a major pitch to open free-trade talks with Canada this week, as Prime Minister Stephen Harper begins his second Asia trip in three months.

Thailand will sweeten its offer by positioning itself as a comfortable and safe entry point from which Canada could make further inroads throughout South Asia — raising the potential of a broader trade deal with the region's emerging, 10-country bloc, the Association of Southeast Asian Nations (ASEAN).

Imports

$2.7B

Canada has modest trade with Thailand, with exports of $839 million and imports of $2.7 billion in 2011.

China is not an ASEAN member, so any economic gains with the bloc would represent a significant broadening of the Harper government's pro-Asia trade aspirations. THE CANADIAN PRESS

GPS was just the start ...

Ben Gleitzman uses a traffic and navigation app called Waze on his Apple iPhone as he drives to work in Menlo Park, Calif. Thousands of enthusiasts travelling the world using little more than GPS-equipped smartphones are helping Waze and other services to build in-depth maps of cities and countries around the world. PAUL SAKUMA/THE ASSOCIATED PRESS

Economists. Action urged on mortgages

Pressure is building on Finance Minister Jim Flaherty to intervene for a fourth time on mortgages to keep Canada's housing market and household debt in check.

TD Bank's chief economist Craig Alexander has suggested three options and asks the minister to choose one, including reducing the maximum amortization on mortgages to 25 years from 30 or hiking the minimum down payment to seven per cent from five.

Capital Economics analyst David Madani believes it may already be too late to tighten mortgages and that house prices are due to start falling.

Finance Minister Jim Flaherty
SEAN KILPATRICK/THE CANADIAN PRESS

THE CANADIAN PRESS

Newest iPad less profitable for Apple: Analysis

Apple appears to be making less of a profit from each new iPad than it did when it launched the previous model a year ago, according to a research firm's analysis.

IHS iSuppli took apart a new iPad on Friday, the day the device went on sale in the U.S. and nine other countries, and found that the components are more expensive than those of the iPad 2.

The third iPad comes in several versions starting at $499 US, the same price as the iPad 2 at launch.

Apple has priced all three generations of the tablet aggressively, making it hard for competitors to match its features at the same price. It makes less from each iPad than from each iPhone.

As a whole, Apple is wildly profitable, earning $33 billion in net income on $81 billion in revenue in the last calendar year.

The higher-resolution display and the larger battery needed to support it are the main reasons the new iPad is more expensive than the iPad 2. It has four times as many pixels as the iPad 2's screen. ISuppli estimates the display costs Apple $87, plus $40 for the touch-sensitive layer.

THE ASSOCIATED PRESS

Higher costs

ISuppli said a new iPad that costs $729 in stores, costs $364.35 to manufacture.

- That's nine per cent more than the $335 it cost to make the corresponding iPad 2 a year ago when it came out, according to iSuppli's estimate.

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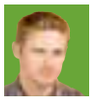
'FUNDING MODEL BETWEEN THE PROVINCE AND CITY IS BROKEN'



URBAN COMPASS
Colin Fast
winnipeg@metronews.ca

The mayor stands in front of a crowd of business leaders and proclaims "we have our fiscal house in order," boasts about credit ratings, says Winnipeg delivers cost-efficient services, but warns it desperately needs a sustainable source of funding to fix crumbling infrastructure.

Mayor Sam Katz's 2012 state-of-the-city address? Well, yes ... and no.

I'm actually describing former mayor Glen Murray's 2003 version of that speech, but Katz used almost the exact same language in demanding a bigger slice of the tax pie from the province.

It's a bit funny, since when Katz was first elected eight years ago, he didn't think the city needed a "new deal." He thought it had a spending problem, not a revenue problem. But over the years, he adopted Murray's way of thinking, and even ended last Friday's speech with a vow to "not quit" until he has new money from the province.

State of confusion

"It's based on a mess of different revenue sources, it's unpredictable and worst of all, it robs the city of the ability to make its own decisions."

If that's the case, then Katz and Local Government Minister Ron Lemieux had better put on ponchos, as they're going to be throwing soup at each other for a while.

You see, Katz picked the wrong time to fight this battle. Seven or eight years ago, the province was flush with cash. But with the folks on Broadway now staring down a billion-dollar deficit, the purse strings are going to get a lot tighter.

However, Katz is 100 per cent correct that the funding model between the province and city is broken. It's based on a mess of different revenue sources, it's unpredictable and worst of all, it robs the city of the ability to make its own decisions.

There's money designated for transit, road repairs, libraries, community centres, policing, emergency services, mosquito fogging and dutch-elm disease control. It's a bit like having your employer tell you how much of your paycheque you can spend on food, clothing, housing or Jets games.

Sometimes, like with the Southdale Community Centre expansion, the province even funds projects that haven't been approved by city council. How would you like to come home to find your boss bought your son a drum kit, when you just want to fix the broken water heater?

None of us would settle for that arrangement, and neither should the city. Let's fix the system first, give the city the power to set its own spending priorities, and worry about the numbers when there's more money to go around.

Grand poobah of Chinese tea

THE ASSOCIATED PRESS

Exotic brew

Businessman selling tea grown in panda poo

A girl holds up tea leaves collected from a tea plantation fertilized with panda droppings in Ya'an in southwest China's Sichuan province Saturday.

Businessman An Yanshi is promoting the green tea, which he fertilized with the panda droppings.

THE ASSOCIATED PRESS

Just the bear facts

- Approximately 99 percent of a panda's diet — bamboo leaves and shoots — is void of much nutritional value.
- The panda lives a low-energy, sedentary lifestyle but persists in eating some 60 species of bamboo.
- Pandas must eat upwards of 30 pounds of bamboo daily just to stay full.

Source: WWF Travel Blog

Panda-ing to tea lovers

21

Yanshi stands on a truckload of panda droppings collected to be used as fertilizers for his tea farm. He wants to sell 21 commemorative sets packaged with 50 grams of tea, panda-themed tea sets and his own art works for the price of around $ 3,500 US.

Weird news

Taking highway to heaven in a sidecar hearse

A German man says people are dying for a ride in the sidecar of one of his Harleys — literally.

Joerg Grossmann said Friday that his prototype hearse for die-hard bikers who want to ride until the very end — a special sidecar fitted to his motorcycle — made its first funeral run last month.

The original's a Kawasaki but the 48-year-old from near Frankfurt says 10 of his patented Harley hearses, each costing about $78,000 US, are currently being assembled and will be ready later this year.

He's counting on 1,000 bookings per year in Germany alone and already has a contract in Switzerland and is in talks elsewhere.

He says people are really excited about the Harley hearse: "It's something special."

THE ASSOCIATED PRESS

Metropolitan Panel

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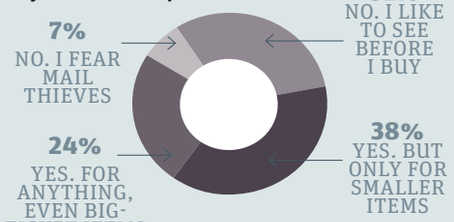

Twitter

@coldcanuck
Hey Winnipeg despite the hot weather don't put away the snowshovels you can use them to pick up the mounds of dog crap on your lawns

@robsobs
15C as of 10 am in #winnipeg, already tops record high for the dayof 14.4C (1910). Next milestone..all time March high of 23.3C (1946).

@xoxoandrew20
Loves waking up back home and drinking coffee outside in march :) #winnipeg #bliss

@carolbrisebois
Finches swing on barren lilac branches. A conspiracy of ravens laugh at red squirrel scamper antics. Twilight zone spring. #Winnipeg #DLWS

@Jac_Cullen
OMG it even smells good out there! #Winnipeg how could you NOT be up early to enjoy this? The @NHLJets are on fire and so is the weather!

metro

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– Micheal W.

"Fast acting, no odour. Works immediately. Best of it is that it is a great pain reliever." **– Bev B.**

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– Elizabeth H.

"It does the job – and is long lasting. Plus, love the roll on!" **– Elizabeth H.**

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HAVE YOU TRIED THE BEST?

2 SCENE

Box office

21 Jump Street leaps to No. 1

Audiences headed back to school for the TV update 21 Jump Street, which opened as the No. 1 weekend movie with $35 million. Sony's action comedy starring Jonah Hill and Channing Tatum as cops going undercover as high school students took down the animated hit Dr. Seuss' the Lorax, which had been the top flick the previous two weekends. Studio estimates Sunday put Universal's The Lorax in second-place with $22.8 million, raising its domestic total to $158.4 million. At No. 3, Disney's costly sci-fi dud John Carter dropped sharply in its second weekend. The Edgar Rice Burroughs adaptation took in $13.5 million, down 55 per cent from its anemic opening weekend and lifting its domestic total to a measly $53.2 million. John Carter reportedly cost $250 million to make.

THE ASSOCIATED PRESS

On the Web

In da club: Eminem drops in on 50 Cent's Get Rich or Die Tryin South By Southwest show

Actor Benjamin Walker says the makeup and training was intense for Abraham Lincoln: Vampire Hunter. HANDOUT

Benjamin Walker gets a crash course in stardom

Abraham Lincoln: Vampire Hunter. Actor playing America's 16th president is still getting used to press tours and conventions

NED EHRBAR
Metro World News in Hollywood

As the title character in the movie Abraham Lincoln: Vampire Hunter, which comes out in June, Benjamin Walker is getting something of a crash course in the publicity side of show business. The Juilliard-trained, Broadway-seasoned actor dons the stovepipe hat — and grabs an axe — to show a different side to America's 16th president.

And he's loving every minute of the experience.

You don't have a lot of experience with press tours and conventions just yet, do you?
No, this is intense. I'm learning. Frankly, this is my full-time job. It's so strange because making the movie I thought would be a full-time job. Selling the movie is a full-time job. Talking about it.

How have the questions been?
They've been good. I think people are genuinely curious. They don't have to manufacture curiosity about this project because it's kind of out there.

It's all in the title, really.
Exactly. But I don't think people believe we're really taking it seriously. They're like, "So it's a comedy?" I'm like, "No, it's a period movie about Lincoln." When the first trailer came out, it kind of changed perceptions. We're not playing around.

You did your fair share for this film, between training and makeup.
Yeah, they kicked my ass, man. The makeup was six hours a day. And then you go to work. Then there's your 18-hour work day.

Are you allowed to sleep in the makeup chair?
I can't, because it's so uncomfortable. But what we did do was we rigged up a little flat-screen TV and watched three movies a sitting. And I got to watch all the movies I should've seen. Like we worked our way through Kurosawa. It was kind of amazing. And naturally the makeup guys were really into fantasy and special effects, and they showed me a bunch of great special effects movies. I got the history of special effects. And we also watch all the vampire movies ever made.

I was sorry to hear about Paradise Lost being called off.
Yeah, me too. I really wanted to work with Alex [Proyas] and Bradley [Cooper], but we'll find something else. That movie was going to be so big that if they didn't have the proper in order in terms of budget and technology, don't even start.

How was working with Timur Bekmambetov, your director on this film?
He's just a straight-shooter, man. "This is what it is, this is what we're making, buckle up." He's remarkable. He's like a professional six-year-old who has these fantastical ideas just out of nowhere. You never knew what you were going to be shooting on the day, and I love that. It was really kind of guerilla imagination work. You had the structure of Lincoln's life — we're really not playing with the events of his life. And Timur's so visually good. We'd do something 30 or 50 takes and I'm going, "What the f— is the problem?" And then he'd show me the dailies and it'd be, "Oh, that's why you did it? Do another 100. Do it until you get it." It's one thing to have a cool shot, but he has cool shots that are augmenting the story, that give you a perspective on what's happening that you did not have, and to me that's the goal.

More online

Go online to metronews.ca/scene to see Benjamin fielding some of our sillier questions

Actor Joseph Gordon-Levitt learns about what it takes to be Bruce Willis

Looper. Gordon-Levitt plays a young Willis in sci-fi film with a time travel twist. How he channelled the iconic actor.

NED EHRBAR
Metro World News in Hollywood

Joseph Gordon-Levitt says he had a lot of fun studying the mannerisms of Bruce Willis for Looper. HANDOUT

After first teaming up on the high school noir Brick, actor Joseph Gordon-Levitt and writer-director Rian Johnson are back together for the mind-bending science-fiction flick Looper. Gordon-Levitt stars as a man who works as a time travel-assisted hit man for the mob who one day is confronted with a challenging target: his older self, played by Bruce Willis. While the film doesn't reach theatres until September, the pair hit WonderCon, in Anaheim, Calif., to begin the careful campaign of building interest in their new film.

You're bringing a movie like this to WonderCon, but obviously you don't want to give away too much about it. What's the fine line you walk to generate interest without giving too much away?

Rian Johnson: We were just having this conversation on the elevator, so we'll test it out on you. I don't know, it's weird because when you first start talking about a movie you have to figure out what to say and what to not say — especially with something like this. We're showing the first teaser trailer here and releasing a photo, and one of the big elements of the movie is how we made Joe into a younger version of Bruce Willis. I feel like that's kind of the first big thing we're showing people, how we attempted that. The two big elements of that were makeup and Joe's performance.

More online

Go online to metronews.ca/scene to watch Rian and Joe take Metro's Time Travel Pop Quiz

How much of a challenge was that for you, Joe, being turned into a young Bruce Willis?

Joseph Gordon-Levitt: It's kind of a dream. One of the things — if not the thing — I love about acting is becoming somebody else, and when you literally change your face that's a transition that's different from any other performance that I've ever done in my life. So there was the makeup, and then also just hanging around with Bruce, getting to know him, watching his movies and studying them, listening to his voice on my iPod all the time, developing that character. It was really fun.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

They kiss, we tell.

Hollywood's new, secret romance

THE WORD
Dorothy Robinson
scene@metronews.ca

Who's been in Hollywood, K-I-S-S-I-N-G? Well, if you look towards the Chateau Marmont, you'll find a new smooching couple.

Sources say Jason Segel has been quietly dating My Week with Marilyn star Michelle Williams for about a month, according to Us Weekly. The pair reportedly first got acquainted during a four-hour date at the Chateau Marmont late last month.

"They were super giggly," a source says of Segel and Williams, who were briefly joined by her pal Busy Phillips that evening. Segel is keeping mum on the news, saying only, "I don't comment on my personal life these days."

Michelle Williams

Jason Segel ALL PHOTOS GETTY IMAGES

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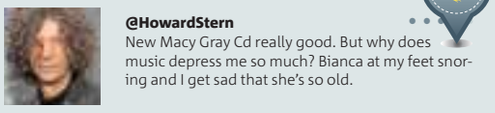

@HowardStern
New Macy Gray Cd really good. But why does music depress me so much? Bianca at my feet snoring and I get sad that she's so old.

@CarrieFFisher
"If I felt half as good as you looked, I'd go out and kill myself while it lasted." ---from some old movie

@1capplegate
Woohoo Friday night sitting here playing words with friends wooooooo!!!

@SethMacFarlane
Can jazz enthusiasts admit that we all secretly hate listening to scatting?

Did Biebs over-imbibe with Selena and his grandparents?

Justin Bieber and girlfriend Selena Gomez reportedly had a bit of a rough night out in Florida after drinking too much at a sports bar before getting into an argument, according to the Tampa Bay Times. "Justin stormed out of the bar and Selena chased him to the car," a source says. "His security team drove them down the street to an alley where they had a private conversation. They then returned to the restaurant and upon leaving they all seemed like they had a little too much to drink even though they aren't old enough to drink." But the bar's owner, Mark Ferguson, insists that while Bieber's grandparents were drinking, the young stars were not.

Justin Bieber and Selena Gomez

George Clooney

Post-arrest: Clooney embraces his activist street cred

George Clooney is taking his recent arrest in stride.

"It's on my permanent record. And you know that picture's going to be all over everything," the actor and activist said during a press conference after his release.

Clooney was arrested for assembling outside the Sudanese embassy in Washington, D.C.

"Listen, what we've been trying to achieve today is we're trying to bring attention to an ongoing emergency," he said.

"You never know if you're going to accomplish anything, all we're trying to do is bring attention to a moment. We hope this brings attention to it."

Will Smith and Jada Pinkett Smith

Problems? What problems?

Fighting off rumours of marital strife, Will Smith and Jada Pinkett Smith showed up with their kids at the Miami Heat vs. the Philadelphia 76ers game at Wachovia Center on Friday night in Philadelphia.

Charlize on motherhood

Charlize Theron is getting used to being a mom now that her 4-month-old adopted son is in her life, and so far so good, she tells Ryan Seacrest during an interview.

"I didn't think I would be a fan of the swaddling, but the swaddling is pretty amazing. It sort of looks a bit like a straightjacket — you're like, 'Is this child abuse?' But for some reason they just love it."

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The majority of Canadian Internet users look up medical info. ISTOCK

Internet advice is not meant to replace your doc

Medicine. Think twice before diagnosing yourself or your children with a Google search

When Melodie Moore was recovering from a broken heart and wondering why her relationship had soured, Dr. Google had the answer: borderline personality disorder.

"I wanted to know what was wrong with me, that this boy didn't want to be with me," said the 22-year-old from Markham, Ont. Soon she had diagnosed herself with several ailments, including BPD and narcissistic personality disorder.

Moore was reading about personality disorders in preparation for her psychology studies. She hopes to begin an undergraduate degree at Trent University this fall.

"We live in the information age, but information can be a catch-22," said Moore. "It can be helpful, but the analytical side of us can also over-think things."

Moore is experiencing what Oakville psychiatrist Dr. Kenny Handelman calls "medical school syndrome." It's what happens to first-year med students when they start studying various diseases. Suddenly a simple headache becomes a brain tumour, a rash morphs into flesh-eating disease.

But with the wealth of medical information now available to all of us at the click of a mouse, it's not just medical students and hypochondriacs who are likely to panic. More and more Canadians are going online to play doctor — and some are even replacing visits to the clinic with Google searches.

At sites like webmd.com, users can enter their symptoms and have the site generate a diagnosis for them.

Having access to all this information is, generally speaking, a positive thing. It certainly can help us detect problems sooner. It can also be helpful coming in to the doctor's office well-informed to improve the quality of care that patients receive, said Handelman. "They can be active participants in their health care."

Guy-Justin Lowe, a 25-year-old customer service representative in Toronto, started using Google and webmd.com to take control of his health care when he felt like the answers he was getting from his doctor were too vague.

"I wouldn't say that I'm a hypochondriac, but I have used the Internet before seeing him sometimes just so that I get a general idea of what might be wrong with me," said Lowe.

But the Internet has also been known to incite panic, especially in people who are anxious about their health. This phenomenon has become so widespread that the term "cyberchondria" has been coined to describe it.

According to Statistics Canada, about 70 per cent of Canadian Internet users looked up medical information in 2009. That's up from 59 per cent in 2007.

Judy Thompson, a family practitioner at St. Joseph's Health Centre in Toronto, says it isn't just the young, tech-savvy generation of Canadians who are going online to diagnose their problems.

"Believe it or not, the Internet is very much as big an issue for some of my 60- to 70-year-olds as it is for the younger generation," said Thompson.

The trouble, she adds, is that patients can be led astray by incorrect information.

"We're not discouraging people from reading the Internet, but one of the things I try to do in my practice is try to point them towards helpful sites like fpnotebook.com or familydoctor.org," said Thompson. "The Internet is meant to supplement your health care. It's not meant to replace your health-care provider."

THE CANADIAN PRESS

Online diagnosis

"People may find reports online that lead them to believe they have more significant medical issues than they actually do."

Kenny Handelman, author of Attention Difference Disorder

Is the title 'nanny' insulting? Some think so

When I first heard that fashion designer Stella McCartney refuses to use the word "nanny" to describe her, well, nanny, I thought, "Get over yourself, lady." Truth is, this is a woman who cares for her four young children day in and day out. She may be like family but, at the end of the day, she is paid to look after the kids.

McCartney prefers the word "friend" — she finds it less jarring — but her employee is not being paid to be her friend. She's being paid to ensure that little Miller, Beckett, Bailey and Riley are happy and safe.

But the more I thought about it, and the more I chatted with friends and colleagues, I came to realize that McCartney has a point.

I myself have a nanny who looks after my boys while I'm at work and, in the two-plus years since she's been with us, she has become so much more than a nanny.

She is someone I can rely on as much as family (sometimes even more), and I most certainly trust her in the same way I trust even my closest friends.

When I introduce her to someone new, I simply say, "This is Lyn" — which is the same thing I would say if I were introducing anyone, really (barring family members).

Am I opposed to the title "nanny?" Of course not. Lyn may be like family, but she is still my children's nanny. It's her job title, and I see nothing wrong with it.

Interestingly, I know a lot of women who shy away from the title not because they find it demeaning but because they think that the word "babysitter" has less of a stigma.

But I don't think that McCartney was really worried about stigmas, when she chose "friend" over "nanny." I think she was simply making the point that her children's caregiver is so much more than an easy-to-replace employee. Which, if you ask me, is all healthy and good.

SHAWNA COHEN (MOMMYISH.COM)

Fashion designer Stella McCartney refuses to call her nanny a nanny. Instead, she refers to her as her "friend." GETTY

3 LIFE

Pregnancy & Chickenpox

New guidelines

New guidelines suggest women who are thinking about getting pregnant or who become pregnant should know whether they are immune to chickenpox.

The Society of Obstetricians and Gynaecologists of Canada says pregnant women or women planning to conceive need to know their immunity status because of the risk the chickenpox virus poses both to them and their fetus during pregnancy.

The guidelines say pregnant women who have an hour or more of exposure to someone with chickenpox should inform their health-care provider.

THE CANADIAN PRESS

On the Web

Look who's talking about Sasha, Malia. It's Dad, keeping them in the conversation.

The early bird may not get the worm

Spring planting. The warmer weather might have you itching to get your hands in the soil. But gardening too soon can damage your soil and grass.

Canadians here, there and almost everywhere have enjoyed unseasonably warm temperatures at the tail end of this winter, already switching their skates for skateboards and launching into other spring-like activities.

But gardeners — as tempting as it may be — might want to keep their rakes in the shed for now, and take care where they tread.

"A lot of people have been asking: what do you do when winter ends or never really starts, and spring has suddenly sprung," says Charlie Dobbin, horticultural director of Canada Blooms, the largest flower and garden show in the country.

For starters, she cautions that you should not walk on your lawn or touch your garden until it is dry enough.

"A soggy wet soil is not something you want to put pressure on, even foot pressure," she advises during at interview at the indoor garden show, which started Friday and continues until next Sunday in conjunction this year with the National Home Show.

She offers up a trick for testing whether the soil is dry enough.

"Take a handful of soil, squeeze your hand together, open your hand up. If the ball of soil stays in a ball, stay out of the soil because it's too wet. If that ball breaks open and crumbles in your hand, now you can get out your rake and you can rake your lawn, you can do a little pruning or whatever you need to do."

How to tell if your garden is ready

"Take a handful of soil, squeeze your hand together, open your hand up. If the ball of soil stays in a ball, stay out of the soil because it's too wet."

Charlie Dobbin, horticultural director of Canada Blooms

Gardening expert Mark Cullen agrees it's not a good idea to get into the garden when the soil is sopping wet.

"You don't want to move that soil around until it's a little bit dry — dry a couple of centimetres down, otherwise you actually damage the integrity of the soil," he says.

"The other thing is with your lawn. It's great to get out and rake your lawn and fertilize it. I encourage Canadians to do that, but you can do it so early that you actually damage the lawn. Let me put it this way: if the heel of your boot leaves a permanent impression on your lawn, you shouldn't be walking on it. So wait for it to dry enough."

And while it may be too soon to dig in the garden or start planting, Dobbin says that depending on where you live, you might want to freshen up your planters. "Pansies are happening now in the garden centres. They're cold tolerant even if we get cold weather. Get some colour from your pansies, get some more bulbs. Get that bright fresh spring thing happening," she says.

Dobbin is hoping that retailers won't jump the gun and sell anything now that could die in a cold snap.

"Geraniums are a good example. They're pretty, we love them, we often want to buy them as soon as we see them, but they will die in a frost," she says. "So recognize that if you do some planting into your garden or outside, know what you're dealing with, know whether it's cold hardy or cold tolerant, and slide it into the garage or up into the porch or even into the living room if we're getting below freezing temperatures.

"Because you will run the risk of it dying, and then you'll have to start all over again."

Cullen says one advantage of an early spring is that is provides an opportunity to plant spring flowering bulbs if you didn't do so last fall.

"You can plant spring flowering bulbs in bloom that you buy by the pot at the supermarket or the hardware store this time of year," he says.

"Sink them right into the ground and get that instant shot of colour, and with the cool evening temperatures, as early as spring may be, with the cool evening temperatures, the length of time those blossoms last is pretty extraordinary. You get great value for your money."

Dobbin says the warmer-than-usual winter will likely mean that a lot of insects — pests and the beneficial ones too — will have survived the winter, and the insect population will rise dramatically. This is good for birds, she notes, but some of them won't have migrated north in time to feast on them. Likewise, fungal spores and other diseases that affect plants will have survived the winter.

"So always, always when you're gardening think about the whole ecosystem. Recognize that there are cycles. This cycle is going to be one where the early spring, the mild winter is going to mean plants are ready to go ... a few warm days, suddenly everything is going to be bursting forth."

THE CANADIAN PRESS

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People attend the Canada Blooms garden show in Toronto on Friday.

ANNE TOBIN/THE CANADIAN PRESS

Get a bite of the healthy goodness packed into this legume

This recipe makes 32 Lentil Balls. MATTHEW MEAD/ THE ASSOCIATED PRESS

Turkish Red Lentil Balls. The slight crunch of bulgur wheat compliments the smooth texture of the lentils in this dish

1 In a saucepan, bring 625 ml (2 1/2 cups) of water to boil. Add lentils and simmer over low heat, stirring occasionally, 15 minutes or until soft. Mix in bulgur, cover pot and remove from heat. Let mixture rest for 15 minutes or until residual liquid is absorbed by bulgur.

2 Meanwhile, in a skillet heat oil over medium heat. Add onion and sauté 8 mins. or until soft and translucent. Stir in harissa and cumin; cook, stirring constantly, 2 mins. Transfer to a mixing bowl; set aside.

3 Once lentils and bulgur are cooked, add to onion mix along with most of the green onions and parsley. Season with salt and pepper and mix well to form a thick dough.

4 Keeping hands wet, mould about 15 ml (1 heaping tbsp) of the lentil mix into football-shaped balls. Place each ball in one of the lettuce pieces and arrange on a serving platter. Garnish with remaining green onions and parsley and drizzle with additional olive oil. Serve with lemon wedges to squeeze over before eating. THE ASSOCIATED PRESS/ ADAPTED BY EMILY RICHARDS (VISIT EMILYRICHARDSCOOKS.CA)

Ingredients

- 250 ml (1 cup) uncooked red lentils, rinsed and drained
- 125 ml (1/2 cup) fine bulgur, uncooked
- 30 ml (2 tbsp) olive oil
- 1 large onion, finely chopped
- 15 ml (1 tbsp) harissa (red chili) paste
- 15 ml (1 tbsp) ground cumin
- 3 green onions, finely sliced
- 45 ml (3 tbsp) finely chopped flat-leaf parsley
- 3 ml (3/4 tsp) salt
- Black pepper
- Boston lettuce, torn into 30 pieces
- Lemon wedges

Healthy eating

Choose it and lose it

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It's a bad idea to drink your calories but that's the risk you take when you reach for a glass of some of the most popular brand name juices.

Welch's Grape Juice (1 cup)

170 calories, 41 g sugar, 42 g carbs
Even though this is pure juice with no sugar added, you're still getting excess natural sugar from the grapes.

Equivalent

452 calories/ 17 g fat
Instead of drinking the juice, you could eat one pound of grapes and feel fuller.
Besides, one cup of the grape juice is equal to eight French crullers from Country Style in sugar.

Rougemount Apple Juice (1 cup)

110 calories, 26 g sugar, 27 g carbs
This brand has less calories, sugar and carbs. It makes for a better choice, but keep liquid calories to a minimum.

Putting eco-solutions on the road by making tires from orange peels

Orange oil now being used to create green tires. Without a drop in safety, these tires are the new solution for the eco-conscious

BEN KNIGHT
life@metronews.ca

It's possible take orange peels and transform them into tires without harming any harm to the environment. ISTOCK PHOTOS

Orange peel: a zesty addition to baking, and something that ends up in your green box.

And also the key ingredient in cleaner, greener tires for your car?

Absolutely. And the potential going forward — in terms of performance, safety and eco-friendliness — is impressive.

"The AVID Ascend is essentially the world's first mass-produced tire to feature orange oil," says James de Chavez, marketing manager for Yokohama Tire (Canada) Inc.

"Orange oil is essentially the oil extracted from orange peels, and is combined with the natural and synthetic rubber found in the rubber compound."

The Rubber Manufacturers Association says it takes seven gallons of oil to produce one conventional tire. Five are processed to provide raw materials, while two get burned for energy. Orange oil can do the same job — and even do it better.

"When orange oil combines with those natural and synthetic rubbers, the tire is much more responsive, and adheres to the road surface more efficiently," de Chavez explains.

"That's how we're able to provide the mileage and tread-wear benefits of the product, in addition to the improved grip levels."

There's no drop in safety, either — and the tires are competitively priced.

"We first introduced the technology in a few limited sizes as an eco-friendly tire for hybrid cars. And we've now taken that idea to a mass-market scale in 45 different sizes."

De Chavez says consumer interest has been encouraging.

"For most consumers, tires are just black and round and made of rubber. The fact that there is orange in this tire seems to really peak their interest. People are definitely gearing more toward environmentally friendly products for all consumer goods, across the board — tires included."

Throw in an unlimited-kilometre warranty and you've got a solid alternative product. But does this mean petroleum is on the way out in the tire business?

"It's step-by-step in this industry. By doing this now, Yokohama is setting up for tomorrow," he says. "We're confident that we'll see increased improvements in our technology to take this orange oil and reduction of petroleum to the next level."

The tires are available throughout North America.

Cynthia and David Enns chose wine country over the Wall Street hustle. PROVIDED

Corporate vs. corking? Invest in your happiness

TURNING POINT
Teresa Kruze
life@metronews.ca

Labour of love. Meet a couple who left their power suits behind in pursuit of a better quality of life

Cynthia and David Enns gave up their lucrative investment careers to follow a passion for making wine. They got their humble start in a friend's Vancouver garage.

"I thought I would be the laughing stock of the neighbourhood if I spent $25,000 on equipment and didn't come up with a good wine," says David.

The Enns didn't disappoint and after a stint in wine making school and a world wide search for the perfect place to start their winery, they settled in B.C.'s Okanagan Valley.

Nine years later they are turning a profit and their Laughing Stock wines are winning numerous awards.

Their humour and love of life are obvious when you talk to the couple. They are also a good team, with David making the wine and Cynthia watching the bottom line.

"I'm good with a spreadsheet but I'm also not afraid to get my hands dirty in the vineyard," says Cynthia.

Although they call the winery their "vow of poverty" they would never go back to the corporate world.

"I'm never putting on a suit again," David says with a laugh. "Besides, I've burnt all my ties."

Grape advice

"If life was all about being sensible, then great things in this world such as fabulous wine just wouldn't come to be."
Cynthia and David Enns, owners of Laughing Stock Vineyards

Drink in the day

Two entrepreneurs share their best business secrets:

- Have a business plan and learn how to sell.
- Do what you do best and be passionate about what you're doing.
- Don't be afraid to ask for help. We hired consultants because we're not going to pretend that we know it all.
- Be well capitalized. The power of leverage is amazing if you can match your borrowing with the outcome of your business.
- If life was all about being sensible, then great things in this world, such as fabulous wine, just wouldn't come to be.

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4 SPORTS

In brief

Keselowski wins big in Bristol

Brad Keselowski used Bristol Motor Speedway last fall to cement his spot in NASCAR's championship race. Back at the track Sunday in Tennessee, Keselowski again made his way to Victory Lane. And he again began to think about a Sprint Cup title. Keselowski led a career-best and race-high 232 laps, then held off Daytona 500 winner Matt Kenseth on a late restart to cruise to his first victory of the season. "What can I say? I love Bristol and Bristol loves me," said Keselowski.
THE ASSOCIATED PRESS

Tennis

Federer tops Isner in California

Roger Federer defeated John Isner 7-6 (7), 6-3 to win his record fourth BNP Paribas Open title on Sunday in Indian Wells, Calif.

Victoria Azarenka routed Maria Sharapova 6-2, 6-3 for the women's title. THE ASSOCIATED PRESS

Soccer

Bolton player in critical condition

Bolton player Fabrice Muamba was still fighting for his life in intensive care on Sunday night, remaining in critical condition a day after collapsing during a match because of a cardiac arrest.
THE ASSOCIATED PRESS

Fabrice Muamba STU FORSTER/GETTY IMAGES

MLB

Bautista powers Jays to victory

Jose Bautista hit his third home run of spring training and Philadelphia's Cole Hamels gave up five runs and eight hits in 3 1/3 innings as the Toronto Blue Jays defeated the Phillies 10-2 on Sunday.
THE ASSOCIATED PRESS

Curling

"All we look at is how we're playing as a whole and I like what I see."

Canadian skip Heather Nedohin after winning her second in a row to open the women's curling world championships with a 7-5 victory over Bingyu Wang of China on Sunday in Lethbridge, Alta.

Loss to Canes leaves Jets two points out of playoffs

NHL. Staal scores two for Carolina, Ward makes 30 saves

Hurricanes forward Eric Staal celebrates a second-period goal against the Jets on Sunday. TREVOR HAGAN/THE CANADIAN PRESS

Chad LaRose scored the winner with 1:22 left in the third period as the Carolina Hurricanes edged the Winnipeg Jets 4-3 on Sunday.

Eric Staal had a pair of goals for Carolina (28-29-15), while Jussi Jokinen had a short-handed goal and added a pair of assists. Cam Ward made 30 saves for the win.

Antti Miettinen had back-to-back goals for Winnipeg (34-29-8) in the second period, while Nik Antropov had his 13th goal of the season. Ondrej Pavelec stopped 21 shots for the Jets.

Winnipeg remains two back of the Washington Capitals for the eighth and final playoff spot in the Eastern Conference.

The Jets have 76 points on the season, tied with the Buffalo Sabres. However, Winnipeg has a game in hand.

LaRose scored the winner with a wristshot after Carolina won the faceoff in its own end and rushed down the ice. He has a goal in each of his past three games.

Staal's second goal came on a breakaway at 10:24 of the third period and tied the game 3-3.

Jokinen sent Staal a long pass that he picked up just before the blue-line. He finished the play with a shot that went over Pavelec's stick.

The Jets and Hurricanes were tied 1-1 after the first period, but Winnipeg went up 3-2 after the second on Miettinen's second goal of the game.

Winnipeg started the game with three straight power plays, but the second one actually hurt the Jets.

Just 11 seconds after Hurricanes defenceman Derek Joslin went to the penalty box for cross-checking, Jets captain Andrew Ladd had a pass intercepted by Jokinen in Carolina's end.

Jokinen went all the way down the side of the boards and fired a wristshot past Pavelec at 7:41 of the first.

Winnipeg went on its third straight power play 24 seconds later, but again came away with nothing.

It took Antropov's even-strength goal at 11:41 to tie the game — his third goal in as many games. However, he left the ice early in the second period with a lower-body injury and didn't return.
THE CANADIAN PRESS

Miami meets with Smith after Manning snub

Alex Smith with the 49ers last season. JAMIE SQUIRE/GETTY IMAGES FILE

Even in the off-season, the Miami Dolphins' quarterback carousel keeps spinning.

After being spurned by Peyton Manning, the Dolphins had a brief, unproductive courtship with Matt Flynn, then turned their attention Sunday to Alex Smith, the San Francisco 49ers free agent.

Smith left the Miami complex after a 5 1/2-hour meeting. Dolphins officials declined to comment on any details about this visit.

The 49ers had been working to re-sign Smith but also went to North Carolina last Tuesday to watch Manning work out at Duke. Smith, the No. 1 overall 2005 draft pick, enjoyed his best season in 2011 under first-year 49ers coach Jim Harbaugh.

Smith and Manning have the same agent, Tom Condon.

Winless in the post-season since 2000, Miami made signing Manning their top priority, but he told them Thursday he would sign elsewhere.

They then courted Flynn, the former Green Bay Packers backup who had ties to new Dolphins coach Joe Philbin.

Miami planned another QB interview Monday, when they were to host veteran David Garrard, a person familiar with the negotiations said. The person confirmed the visit to The Associated Press on condition of anonymity because the team had not publicly discussed its plans.

Garrard, a starter for Jacksonville from 2005 to 2010, didn't play last season. He was released five days before the opener by the Jaguars, then underwent back surgery in October. THE ASSOCIATED PRESS

Pivots aplenty

17th

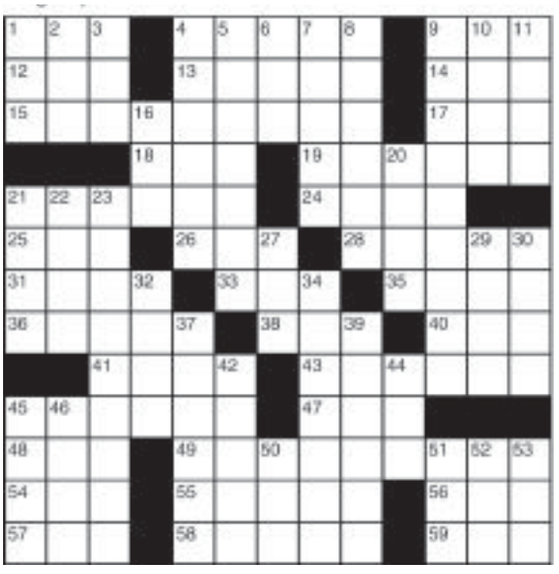
A new starting quarterback would be the Dolphins' 17th since Dan Marino retired after the 1999 season.

Flynn off the market

Matt Flynn visited Miami on Saturday, then agreed to terms Sunday on a three-year deal with the Seattle Seahawks.

- The move gives Seattle one of the most wanted — yet unproven — free agents. Flynn has been stuck behind All-Pro Aaron Rodgers in Green Bay.
- The terms of the deal were not released by the team, but ESPN.com reported that Flynn's deal is worth up to $24 million US.

Crossword



Across

1 Smartphone download
4 Studies hard
9 Golf standard
12 Witness
13 Serf
14 Exist
15 It goes without saying
17 Zero
18 Acapulco gold
19 "Help!"
21 Kermit or Fozzie
24 Lotion additive
25 401(k) alternative
26 Red or Black
28 Power glitch
31 Supermarket stack
33 Knight's address
35 Streamlet
36 Island greeting
38 Unruly group
40 Greek consonants
41 Start from scratch
43 Daredevil's cord
45 Zigzag on the slopes
47 Lingerie item
48 Overactor
49 Praiseful speech
54 Eggs
55 Yonder
56 A Gabor sister
57 — de deux
58 Nymph pursuer
59 Society newcomer

Down

1 Cleopatra's slayer
2 Pod dweller
3 Corral
4 Household tasks
5 TV controls
6 "The Greatest" Mell Lazarus comic strip
8 Filches
9 Catering (to)
10 Operatic solo
11 Depend (on)
16 Upper surface
20 Thy
21 Isinglass
22 Caspian feeder
23 Landscapes
27 Intent
29 Adhesive
30 Otherwise
32 Writer Silverstein
34 Theft
37 Takes as one's own
39 McDonald's offering
42 Nebraska city
44 Aye's opposite
45 Buy stuff
46 Volcanic outflow
50 Trawler need
51 Crimson
52 "— Got a Secret"
53 Taxi

For today's crossword answers and for expanded horoscopes, go to metronews.ca

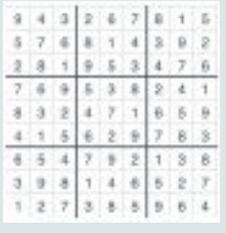
Friday's answer

Sudoku

	7		4					5
			9				4	8
9	5		6					
	6		3	5		7		9
1		5		6	4		3	
					7		8	6
2	8				6			
6					2		7	

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer



Send a kiss

- **I know what** If it is you, I, don't you wanna look back on this, this and before, and laugh, wondering why? Wtf was wrong with us? Why were we so shy and afraid? and thanking god we got past that in the end..hope that happens, rather sooner than later. From you really wish for
- **Pascalli.** The last time I saw you was at the library and the time before that I saw you in the internet caffe. I would like to see you again, can you come to me and we can kiss all day. Pascalli where are u, are u in toronto, or elsewhere, until we meet again. Kiss Kiss for u. From Jenn
- **Don't.** Yes I want you in my lif, especially outside of this! I wouldn't still be here if I didn't, and want you say something first, you can't say I haven't before, know your sorry, and swallowed my pride a long time ago, I'm completely shameless now, my feelings for you can't you tell?I swear you won't regret it! I want what I had before again and more! Oh, and you can see me now, you can forever, if you want to. From Second guess

Weather

MONDAY	TUESDAY	WEDNESDAY
MAX: 27° MIN: 23°	MAX: 12° MIN: 3°	MAX: 13° MIN: 2°

BT BREAKFAST TELEVISION

JENNA KHAN
WEATHER SPECIALIST
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 5:30 AM**

Horoscope

♈ Aries | March 21 - April 20. What other people think about you is of no importance – the only thing that matters is that you have total self-belief.

♉ Taurus | April 21 - May 21. You may be robust but you have limits like everyone else – not just physical but mental and emotional too.

♊ Gemini | May 22 - June 20. Get other people interested in what you are doing.

♋ Cancer | June 21 - July 22. Don't worry about what your colleagues may be doing, just do what is best for you.

♌ Leo | July 23 - Aug. 22. What are the big questions of your existence? Strive to answer them.

♍ Virgo | Aug. 23 - Sept. 22. Over the next few days you will meet a number of important people, the kind of people who can help you make your dream come true.

♎ Libra | Sept. 23 - Oct. 22. Cosmic activity in your opposite sign of Aries this coming week will have a huge effect on your relationships, so put partners and loved ones first.

♏ Scorpio | Oct. 23 - Nov. 21. No one, but no one can ever be allowed to deny you freedom of speech.

♐ Sagittarius | Nov. 22 - Dec. 21. Life will get rather hectic over the next few days, but in a good way. Cosmic activity in the most creative area of your chart will inspire you to produce some of your finest artistic work.

♑ Capricorn | Dec. 22 - Jan 20. Family and other disputes can and must be resolved today.

♒ Aquarius | Jan. 21 - Feb 18. A couple of friends will take opposing positions today and the potential for conflict is high.

♓ Pisces | Feb. 19 - March 20. The planets indicate quite clearly that over the next few days you are going to have to deal with some kind of financial upheaval. It may be difficult but it certainly isn't a crisis.

SALLY BROMPTON

Caption Contest

"Wow, this hot air balloon sure takes the cake."
Christine

MARK BAKER/ THE ASSOCIATED PRESS

Win!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in Wednesday's Metro.

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